

NDPERS Dakota Wellness Program

at Sanford Health Plan



**North Dakota
Public Employees
Retirement System**
Dakota Plan Health Benefits



A purpose driven career

Research shows that of the six dimensions, career well-being has the greatest impact on overall individual well-being. This shouldn't be a surprise since we spend the majority of our waking hours at work. One of the drivers of healthy career well-being is purpose. Purpose is seeking and creating meaning in your work by understanding the importance of your role and the tasks that you perform. No matter what the tasks are, approaching the work in a meaningful way develops your purpose.

Why should you find purpose at work? Those who are struggling in their career well-being have higher stress levels, dread going to work, feel unhappy and have higher cholesterol and triglyceride levels. Poor career well-being will leave you feeling rundown and at an increased risk for chronic disease. Make work a place you enjoy by finding your purpose.

Developing your purpose at work:

- Look for happiness and personal interest in your work throughout the day.
- Set one goal related to your work to strive toward.
- Learn a new skill or pursue a topic that interests you at work.
- Have an open dialogue with your supervisor about your goals and how your strengths fit with the organization's needs.
- Spend time with a person in your workplace that shares your mission and encourages you to grow.

JUNE 2016

MEMBER NEWSLETTER

Inside *this issue...*

Purpose
Road trip stretching
Great outdoors
Barbecued summer
squash

MONTHLY OBSERVANCES

Migraine and Headache Awareness
Mental Health Awareness
Great Outdoors Month
Safety Month
5—Cancer Survivors Day
13-19—Men's Health Week

*Find a complete list of observances
at healthfinder.gov/NHO*

SANFORD
HEALTH PLAN

Give it a try

PURPOSE PROGRAM

The Sanford Health Plan Wellness Portal provides you with the tools you need to engage in your well-being. The Purpose program will guide you through the journey of identifying your purpose and will help give you the knowledge to live each day with a deeper level of meaning.

1. Join the Purpose program and choose the course that aligns with your goals. You can select self-reflection, the power or purpose, healthy perspectives or discovering your purpose.
2. Read through the "Coach" and "Resources" sections for education and activities to guide you through the steps of the program.
3. Check 'Yes' to every step you take to earn points towards your wellness benefit.

CONTACT US AT
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QUICK LINKS:
sanfordhealthplan.com/ndpers/
dakotawellnessprogram

SET-UP A
mySanfordHealthPlan
ONLINE ACCOUNT:
sanfordhealthplan.com/
memberlogin

Reconstruction ahead

Taking a road trip this summer? If so, you'll be sitting for long periods of time. Research shows that sitting can be hazardous to your health. Sitting too often can actually change the shape and function of muscles. When muscles get short and tight from sitting, back pain and dysfunctional movement can result. Just like recovering from exercise, you should spend some time recovering from sitting.



SIT TO PREVENT PAIN

Contract your abdominal muscles to about 20% of maximum squeeze. You should feel braced through your core but able to talk and breathe easily.



STRETCH OUT YOUR HIPS

Extend one leg behind your body with the front leg bent 90 degrees. Push your front knee out slightly while dropping your pelvis toward the floor. Use your back leg to kneel or brace yourself with your free hand for added stability.



STRETCH YOUR THIGH MUSCLES

While standing, bring your heel behind you until you can hold your foot. Squeeze your buttocks to push your hip forward. Hold for about 2 minutes on each side. Use a wall or chair to balance.

National treasures and the great outdoors

Whether it's a colorful hilltop sunset, a soothing rushing river or the cool smell of forest pine, no place can inspire and awe quite like the great outdoors. Great Outdoors Month was created as a national initiative to encourage all Americans to enjoy the outdoors. Take time this month to be moved by all that nature has to offer. And don't forget to protect YOUR great outdoors!

Celebrate Great Outdoors month by discovering the beauty right in your own backyard. Explore more by visiting parkrec.nd.gov for special events or contact your city parks and recreation department for more ideas on how you can explore the great outdoors!

Barbecued summer squash

Serves: 4 | Serving Size: ¾ cup
Total Time: 45 min | Prep: 35 min | Cook: 5-10 min
Nutrition Facts: Calories: 101 | Total Fat: 7g | Sodium: 13mg
Total Carbohydrates: 9g | Dietary Fiber: 4g | Total Protein: 2g

Ingredients:
1 medium zucchini, sliced in ½ inch rounds
1 medium yellow summer squash, sliced into ½ inch rounds
1 medium eggplant, sliced into ½ inch rounds

Marinade:
2 Tbsp olive oil
3 Tbsp red wine vinegar
2 cloves garlic, crushed or
1 Tbsp granulated garlic
Ground black pepper to taste

Directions:
Combine oil, vinegar and spices for the marinade in a large bowl and blend well. Add the vegetables to the marinade and mix. Marinate vegetables in refrigerator for 15 to 30 minutes. Place vegetables directly on the barbecue rack or in grill basket, turning regularly every 1 to 2 minutes, until golden brown on each side and texture is tender crisp. Brush with extra marinade for enhanced flavor. When cooked to your preferred doneness, remove the vegetable slices from the barbecue and toss with any remaining marinade.

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